



## 2020 HALF MURPH WOD GUIDE

**Saturday, May 16th – 9:00am to 3:00pm**  
**(Rain date May 17th)**

“The MURPHY” is a popular WOD (workout of the day) created by CrossFit in memory of Navy Lt. Michael Murphy who died in Afghanistan on June 28, 2005. Honored as a Hero to many, “The MURPHY” is completed every year on Memorial Day by Military personnel, Cross Fitters, Veterans, and Veteran supporters.

Team RWB NYC will be running a virtual Half MURPH on the weekend of May 16th between the hours of 9:00am and 3:00pm. This is to help safely prepare you for the [FULL MURPH WOD](#) on Memorial Day Saturday, May 23rd.

The Half MURPH consist of the following (20lb weighted vest/backpack/ruck is optional):

- 1/2 mile run (outdoor run or indoor treadmill)
- 50 alternative pull-ups (outdoor or indoor)
- 100 push-ups (or alternative push-ups)
- 150 air squats (outdoor or indoor)
- 1/2 mile run (outdoor run or indoor treadmill)

\*Note – If performing outdoors, PLEASE ensure to adhere to local guidance with regards to masks in public spaces. Also, since public parks with pull-up bars are closed (and in some cases removed), and we do not have access to gyms, pull-ups will be STRICTLY alternative (see videos below).

The sets and reps can be broken down to however you like (weighted vest/backpack/ruck is optional). Here is a recommended round for this 1/2 WOD session:

- 1/2 mile run
- 10 rounds of: 5 alternative pull-ups, 10 push-ups and 15 air squats
- 1/2 mile run

**Don't forget to Post Pictures and Check in**

**FOLLOW LINK:** <https://www.teamrwb.org/event/memorial-day-murph-daily-training-day-16-virtual/>